

My Fear Hierarchy Worksheet



Use this blank ladder to organise feared situations from stretching-but-manageable to very difficult.

Choose one theme

Keep the ladder focused: for example public transport, lifts, dogs, needles, driving or speaking in groups.

Make steps specific

"Stand outside the shop for two minutes" is easier to practise than "go shopping". Include who, where, when and how long.

Use two ratings

Anticipated fear before (0-100) and actual peak fear during (0-100). Differences are useful learning, not success or failure.

Keep it flexible

You may add bridge steps, repeat a level, move sideways, or pause. A hierarchy is a guide, not a test of worth.

A quiet space to reflect

1. Easier step / fear 0-100:

2. Next step / fear 0-100:

3. Middle step / fear 0-100:

4. Harder step / fear 0-100:

5. Long-term goal / fear 0-100:

Use this resource at your own pace. Exposure work should never involve genuine danger or ignore medical, sensory or accessibility needs. Seek qualified support if fear is significantly restricting daily life.